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For what matters.

Meningitis confirmed

Two cases of meningitis have been confirmed in Edmonton, spurring Alberta Health Services to issue an advisory.

"The intention is to let people know we have (confirmed cases)," said AHS spokesperson Kerry Williamson, adding doctors are being notified to look for symptoms in their patients.

The first signs include fever, headache, nausea and vomiting, but could progress to a stiff neck or tiny bruise-like rashes.

Meningitis can occur between two and 10 days after contact, and is spread through sharing food, drinks, soothers, lipstick or water bottles, as well as direct contact such as kissing.

Officials advise all Albertans to get vaccinated. Clinics can be found online at www4.albertahealthservices.ca/immunization.

● HEATHER MCINTYRE

Cop charged with theft

Edmonton police officer Jeremy Howe, 28, has been charged with one count of theft under \$5,000 in connection with a November 2009 incident.

The investigation began with an internal complaint regarding money seized with a search warrant. Acting police Chief David Korol assured the public that they are prepared for such situations.

"We have processes in place to safeguard against this type of situation. In this case the processes worked," said Korol.

Howe has been suspended from his duties without pay, a decision that Korol said he felt was his responsibility to administer. A review of the suspension will be conducted within 30 days. ● ALISON BAIRD



► Sgt. James Martin leaves the provincial court in Stony Plain yesterday after giving testimony at the fatality inquiry into the slayings of four RCMP officers by James Roszko near Mayerthorpe on March 3, 2005.

Sergeant blames accomplices for Mayerthorpe deaths

► A critical question has been whether the RCMP accurately assessed the threat posed by the killer and took adequate steps to keep the officers safe

The Mountie in charge of four Alberta officers murdered by James Roszko in 2005 has placed the blame squarely on the shoulders of the gunman's accomplices.

Sgt. Jim Martin didn't refer to Dennis Cheeseman and Shawn Hennessey by name while testifying yesterday at a fatality inquiry. But he said if anyone who knew of Roszko's murderous intent that night would have simply called to warn the RCMP, everything

would have changed.

"I would have pulled all my members out of the area and called in the emergency response team," Martin testified while the parents of Hennessey looked straight back at him from the gallery of the provincial court.

"It would have changed everything if we had immediate knowledge of Roszko coming back onto the property or attempting to come back on the property in a stealth manner."

Hennessey and Cheeseman are both in prison after pleading guilty two years ago to giving Roszko a rifle and a ride back to his farm the morning Roszko surprised and shot the officers who were guarding his Quonset hut.

The two admitted in court that Roszko was angry at police that night and said they considered warning the officers, but didn't because they feared reprisal from Roszko.

THE CANADIAN PRESS

Who's at fault?

► Outside court, Shawn Hennessey's father, Barry Hennessey, said the RCMP are to blame for failing to secure the scene.

► He said the force should have made more of an effort to track down James Roszko in the hours before the attack, given that it was common knowledge that Roszko hated police and had a criminal history of violence.

1

news



News on the move

- 1 Download the free ScanLife application with your smartphone at 2dscan.com
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Both sides of the divide are culpable for America's toxic political culture. More at metronews.ca/spinductor



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HARMONY VALLEY

Farmer killed in accident

A farmer in northern Alberta has been killed in a freak accident.

Peace River RCMP say they responded to a call on the weekend about an injured male on a

farm in the Harmony Valley Region.

Police say the man had left his vehicle running when it jumped into gear and backed over him.

Calvin Erwin Jaschke, who was 38, was pronounced dead at the scene.

Mounties say a defective transmission shift cable caused the vehicle to go into gear.

THE CANADIAN PRESS

Warnings issued after avalanche

RCMP are reminding skiers and snowboarders to take caution after a class 3 avalanche took place near Castle Mountain Ski Resort on Sunday.

Patrol searched the area but found everyone was accounted for.

According to the RCMP, two cross-country skiers triggered the slide.

● METRO

Tree pickup starts today

Priorities, people.

Because of the weekend's heavy snowfall, the city's collection of used Christmas trees was delayed until today, two days later than planned.

Once started, all natural trees will be picked up within the next two weeks for recycling and composting.

● METRO

City tow truck drivers working non-stop



► Randy Hannah has had a steady stream of tow clients since this past weekend's snowfall.

AMA received 1,500 calls at peak snowfall, three times normal volume



LUCY HAINES
EDMONTON@METRONEWS.CA

It's been a flurry of activity for city tow truck drivers, frenzied by the weekend's near-record snow.

"Saturday was crazy, Sunday was unbelievable, and yesterday was catch-up," laughs AMA service truck operator Randy Hannah, plodding through the snow-packed side streets of downtown Edmonton where he too got stuck yesterday.

"Today is mostly winching and tows too, but that will change once the cold settles in."

It's 11:30 a.m., over halfway through Hannah's shift, and he's nearly finished his one Big Gulp of Coke for the day, which he'll follow with a bag-

lunch and cup of water.

Dressed in a parka, heavy boots and two layers of pants, Hannah quickly moves from call to call, offering a smile and friendly word to stranded motorists.

People are almost always grateful for the help, adds Hannah, no matter how long the wait.

There's no shortage of hugs, handshakes or "you made my day," he says.

"These are real people with real problems, and at the end of the day, you have real results," he adds.

Now at this job two years, the 48-year-old Hannah says it's a strenuous one, and he often heads home with burning shoulders, hips or knees.

"My hat's off to the guys who've been doing it for 25 years."

Guilty plea in animal abuse

Margaret Marie Trenholm, 52, pleaded guilty yesterday to the charge of causing distress to animals under the Animal Protection Act.

Animal protection officers found 33 feral and underfed cats in her home, along with the carcasses of six kittens that appeared to be cannibalized. The Crown and defence proposed an \$8,000 fine and a lifetime ban on owning animals, other than a spayed or neutered dog.

The judge refused the

33 Number of feral and underfed cats found in Margaret Trenholm's home, along with six kitten carcasses.

fine on grounds it was too high.

Thirty-one of the cats had to be euthanized due to poor health and lack of socialization and one died after being taken from the home.

The case will be back in court in February.

● METRO

Trial begins in assault of 79-year-old woman

A 79-year-old woman says she told her attacker she would give him all of her money if he left her alone.

But that didn't stop him from allegedly sexually assaulting and robbing the woman in a brazen attack on a wooded path in Red Deer's north end on July 29, 2009.

Jesse Toews, 26, is on trial this week accused of aggravated sexual assault,

confinement and robbery. The woman testified yesterday that she was going to Save-On Foods to buy blueberries when she was attacked from behind.

The trial is scheduled for four days.

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Sask. farmers cry foul on gas injections

► Couple left farm and moved to Regina, citing Pollution ► They want carbon-capture project stopped

A Saskatchewan farm couple whose land lies over the world's largest carbon capture and storage project says greenhouse gases that were supposed to have been injected permanently underground are leaking out, killing animals and sending groundwater foaming to the surface as if it were shaken-up soda pop.

Cameron and Jane Kerr, who own nine quarter-sections of land above the Weyburn oilfield in eastern Saskatchewan, released a consultant's report yesterday that claims to link high concentrations of carbon dioxide in their soil to the 8,000



► A silver-blue film floats atop water on the Cameron farm.

tonnes of the gas injected underground every day by energy giant Cenovus in its attempt to enhance oil recovery and fight climate change.

"We knew, obviously, there was something wrong," said Jane Kerr.

Cameron Kerr, 64, said he has farmed in the area all his life and never had any problems until 2003, when he agreed to dig a gravel quarry.

That gravel was for a road to a plant owned by EnCana — now Cenovus — which had begun three years earlier to inject massive amounts of carbon dioxide underground to force more oil out of the aging field.

Cenovus has injected more than 13 million tonnes of the gas underground.

THE CANADIAN PRESS

Political. Violence



► A rebel soldier gestures to show his only weapon is a knife, in Abidjan, Ivory Coast, yesterday.

REBECCA BLACKWELL/THE ASSOCIATED PRESS

Ivory Coast in power struggle

Following the deaths of four people, tensions continue to escalate in the Ivory Coast. UN peacekeepers retreated from a neighbourhood where security forces fired volleys of gunshots yesterday after dozens of angry young men built a blockade.

Foie gras off the menu for festival

Famous Quebec chef Martin Picard has bowed out of Ottawa's winter festival in defiant defence of one of his staples: foie gras.

The furor stems from an ongoing debate over the ancient delicacy, now increasingly threatened by calls for it to be banned because of its alleged cruelty to animals.

Montreal's Martin Picard was set to kick off Winterlude's opening night on Feb. 4 and was the star attraction with a sold-out event at the Museum of Civilization in Gatineau.

Organizers say they faced instant pressure by animal-rights activists over the use of foie gras on Picard's menu.

THE CANADIAN PRESS

5K

Foie gras, a 5,000-year-old French delicacy, is controversial because of the process used to make it.



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Haiti still struggling one year after quake

► Government and international community criticized for inaction

The man's body lay face down, his white shirt shining like wax in the sun as he was unearthed in the ruins of a Port-au-Prince restaurant a year after the earthquake.

The bodies still being found in the rubble are a sign of how far Haiti has to go to recover from a disaster that left the capital in ruins and is estimated to have killed more than 230,000 people.

As the dust was still settling from the Jan. 12, 2010, disaster, volunteers and hundreds of aid groups flocked in with food, water and first aid that saved countless lives. But the effort to rebuild has been dwarfed by the size of the tragedy and,

perhaps most fatally, the lack of Haitian and international leadership and co-ordination of more than 10,000 non-governmental organizations.

President Rene Preval did not speak publicly for days after the quake. He has been seen by most Haitians as ineffective at best, and many observers have criticized him for not spearheading reconstruction or making the hard policy decisions needed to rebuild.

Advocacy groups also blame much of the Haitian government's weakness on an international community that is not keeping its pledge of support.

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► Fradzelle Wiener places a wreath on a cross during a service in memory of the people buried in the mass grave near Port-au-Prince.

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BALANCE IS KEY TO MANAGING FINANCIAL PRIORITIES

With Canadians top financial priority being to pay down their debts, it can be challenging for them to comfortably make investments at the same time.

The key is to take a balanced approach, says Trish Domingo, an investment and retirement planner with RBC Financial Group.

"If you get to a point where you completely pay off your mortgage and you have no investments on the other side of the balance sheet, then how are you going to draw down on that asset - the house - later

on, other than having to sell it or borrow down the road?" asks Domingo.

One way to achieve a balance is to invest in RRSPs because they reduce a person's taxable income. The money saved could then be used to further pay down one's mortgage.

Domingo says Canadians top three priorities are to pay down debt, save for retirement and save for their children's education.

"We always talk to our clients about having a plan in place," says Domingo. She cautions that without a plan, it is difficult to achieve one's goals.

Domingo recommends people sit down with their families to discuss their goals and then sit down with an RBC advisor to come up with a plan to achieve them.

In planning for one's retirement, people should take advantage of pension plans or group RRSPs offered by their employees. While some people might feel these will be enough for their retirement needs, that isn't necessarily true.

"It's going to depend on every individual's needs," says Domingo.

A pension might be sufficient for people with modest lifestyles, but for people who plan on travelling, taking courses or maintaining and living at multiple properties in retirement, they are likely going to need additional savings, she says.

Couples must also work together to balance their respective priorities and work on their plan, especially given circumstances change frequently.

"It's extremely important to make sure there is open conversation with the couple and they both understand what their goals are and what their contributions need to be in order to reach those goals," says Domingo.




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BUDGETING

Budgeting plays a crucial role in allowing people to balance their financial priorities.

There are three steps to creating a budget:

- 1.** The first step is to look at one's spending and see where their money is going. It is important to also cut out unnecessary spending.
- 2.** The second step is to look at how one's spending fits into their long-term financial plan.
- 3.** The final step is to track one's ongoing spending to make sure they are meeting their objectives.

Housing bubble concerns seem out the window

► December's seasonally adjusted annual rate of urban starts fell 13.3 per cent to 149,100 units

Canada's housing market appears to be heading for a soft landing in 2011, with the pace of home-construction slowing last month — easing concern that a glut of new properties will come on the market and undercut real-estate prices.

Canada Mortgage and Housing Corp. reported yesterday that home starts fell to an annualized 171,500 last month, well down from November's annualized rate of 198,200 units.

Most of the decline was attributed to fewer multiple-family dwelling units — condos and apartment buildings — although single-family housing starts

also fell. Recent data suggest that starts are on a downward track toward the 170,000 number that many believe is the sustainable level of new homes in Canada, down from an estimated 192,500 units in 2010.

During the last three months of 2010, housing starts averaged on an annualized pace of 181,600, with December the weakest month.

December's drop-off in housing starts was mostly due to a plunge in the multiple starts segment, especially in Ontario, the CMHC said. Single-detached starts were also down, but minimally.

The seasonally adjusted annual rate of urban starts fell 13.3 per cent.

THE CANADIAN PRESS

Fewer permits

On Monday, Stats Canada reported that building permits fell 11.2 per cent in November from the previous month.

Permit value

The value of residential permits declined 7.2 per cent in November.

What it means

Permits are an indicator of long-term building intentions.

Detroit. Autos



► Models pose with the new Chrysler 300 at the North American International Auto Show.

PAUL SANCTA/THE ASSOCIATED PRESS

Industry revs up for auto show

Thousands from the global automotive industry are gathered in Detroit this week for 30 to 40 worldwide vehicle debuts, as well as exchanging ideas and strategies that affect global economics. The show, which opens to the public Jan. 15, has long echoed the mood of the industry.

RIM filters porn in Indonesia

BlackBerry is working to filter out pornographic content on its smart phones in Indonesia, the company said yesterday.

Research in Motion Ltd. the Waterloo, Ont.-based maker of the BlackBerry, said the company was "ful-

ly committed to working with Indonesia's carriers to put in place a prompt, compliant filtering solution for BlackBerry subscribers in Indonesia as soon as possible."

Indonesia says RIM earns about \$251 million

per year from the country's three million BlackBerry users.

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Market moment

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MySpace cuts jobs

Struggling entertainment site MySpace said yesterday that it is cutting nearly half of its staff worldwide, or about 500 people, after an extensive revamp allowed it to be run with fewer people.

Mike Jones, the chief executive of MySpace, said cuts are "tough but necessary" and would put the site on a path to profitability.

MySpace declined to say how much the cuts would save. A previous round of cuts in June 2009 eliminated 30 per cent of its work force, or about 420 jobs.

Late last year, it had around 120 million global users, compared with more than half a billion for Facebook.

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News worth sharing.

SAY WHAT YOU'RE THINKING: EWWW

Just sayin'

PAUL SULLIVAN



I'm sorry. The only way I can look at 84-year-old Hugh Hefner's recent engagement to 24-year-old Crystal Harris is as a dad.

If I was Crystal's dad and she came home with an 84-year-old beau, I'd have the old geezer arrested for child abuse. Or at least blond abuse.

What is she thinking? The Playboy of the Western World is way past his best before date. Never mind what he's thinking. In fact, I don't want to know what he's thinking.

She's probably thinking: "This won't take long."

Even if it lasts a week and he expires with a smile on his face, is there any dad alive who wants his pride and joy to marry the

world's oldest boy?

But the one who is really upset is Holly Madison, the former Hooters girl and Hef's ex-No. 1.

He broke up with her because he didn't want to get married. As if?! Now he's marrying this Crystal. Stay tuned for Holly's tell-all, coming up on her reality show, Holly's World, Jan. 29.

I'm not making this up.

Hefner has been exploiting women for more than 60 years, and I guess it's hard to teach an old dog new tricks. Obviously, he is determined to die with his boots on. Or, you could argue, it's a clever strategy. Back

in the day, Hef kept a harem of seven or eight Playboy bunnies at the mansion. Now he's pledging to be faithful to Crystal

alone, which is probably a great relief when you're 84, even with Viagra.

Of course, the perpetual party is mainly a myth. Hefner stays home and watches movies or plays cards with his aged cronies. He likes old movies.

Crystal's favourite movie is The Little

Mermaid. She was three when it was released, and it has stayed with her ever since.

I guess you could see the Playboy Mansion as a sheltered

workshop for silicon stuffed airheads who couldn't keep your order straight at McDonald's. Who else would think it's a good idea to marry an octogenarian who listens to Bix Beiderbecke on his Victrola?

But silicon-stuffed airheads are people, too, and deserve to be protected from the depredations of rabbit zombies. I have half a mind to get out the pitchforks and the torches, storm the mansion and rescue Crystal from the clutches of Hef the Impaler. (That's if his Viagra prescription has been renewed).

Then I'll send her home to bed without her supper. Or Hef, for that matter.



Read more of Paul Sullivan's columns at metronews.ca/justsayin

Cartoon

MICHAEL DE ADDER

Hate confused with anger



Letters & Tweets

Re: Michael de Adder Jan. 10 cartoon

CALGARY. The cartoon in Monday's Metro portraying Sarah Palin and the tea party movement in the U.S. as "hateful" is highly objectionable. Prior to any investigation of the tragedy in Tucson, Ariz., (cartoonist Michael) de Adder is attributing blame to the conservative movement of the U.S.

Palin has not demonstrated any hateful intent. De Adder is confusing hate with anger. The tea parties demand from their elected officials respect for the rule of law with regards to illegal immigration and demand fiscal responsibility from

Tucson tragedy

PIMA COUNTY SHERIFF'S DEPT. VIA THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS



state and U.S. federal officials. This is not hateful, it's responsible. J.A. ZWAHLEN

TORONTO. What's hateful about having certain principles such as wanting a smaller government, not believing illegal immigrants should jump the line and get a free pass, advocating for personal responsibility (in

other words, nixing the nanny state), desiring lower taxes, etc., etc.?

Newsflash: I'll tell you what's hateful. When people who don't agree with other people's points of view resort to lies by using the "hate card," simply because they have no other sensible argument to make.

RACHAEL BLOOMFIELD

Which one of your habits do you wish you could break?

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Metro Minute with tattoo exhibits

With these frigid temperatures upon us, today might be just the day for an indoor activity. If you've got a few moments to spare, up until Jan. 16 the Royal Alberta Museum is featuring two exhibitions called Tattoo, and shift.

Tattoo explores art by three leading Canadian tattoo artists. One is traditional Japanese style, another

is Old School (traditional American) and the third is realism and fine line work. The exhibition aims to show how artwork goes from idea to ink, to a living art piece.

The shift exhibit features photos of the physical, psychological and mechanical aspects of getting a tattoo.

● METRO



► The Royal Alberta Museum is featuring two exhibitions called Tattoo, and shift.

2

scene

New album



Canadian pop star Avril Lavigne has released the lead single off her forthcoming album, *Goodbye Lullaby*. The first single, *What the Hell*, was made available digitally yesterday in the lead up to the release of her fourth album, due Mar. 8. In a blog post late last year, Lavigne expressed frustration with her label and the delayed release of the new album.

THE CANADIAN PRESS



An Everyman in Movie Land, Globes nominee Paul Giamatti thrives in depicting life's disorder



► Winona Ryder, left, Kevin James, Jennifer Connelly and Vince Vaughn star in *The Dilemma*, which opens this weekend.

HOLLYWOOD'S CAUTIONARY TALE

In Focus

RICHARD CROUSE

SCENE@METRONEWS.CA



The Dilemma takes a funny look at infidelity when Vince Vaughn finds his friend's wife has been cheating

Sometimes it seems like Hollywood is obsessed with infidelity, both on screen and off. Celebrity cheating scandals — Jesse and the porn star, Tiger and, well, er... everyone — covered the front pages recently and Zsa Zsa Gabor once famously said, "How many husbands have I had? You mean apart from my own?"

Even supposedly happily-ever-after Tinseltown couples preemptively guard against unfaithfulness by signing "cheat-proof" prenups.

Catherine Zeta-Jones has a legal infidelity clause with Michael Douglas and it's rumoured that Denise

Richards and Charlie Sheen signed one worth more than four million dollars.

In this weekend's *The Dilemma*, a funny take on infidelity, Vince Vaughn discovers his best friend's wife is having an affair.

There have been adultery comedies before, but usually on screen in American films there is a price to be paid for matrimonial betrayal.

Ever since the first cheating Hollywood movie, 1915's *Infidelity*, movies like *The End of the Affair*, *Body Heat* and *De-railed* have shown the consequences of bed hopping, but one movie stands head and shoulder above the rest as a cautionary tale.

Fatal Attraction begins with Michael Douglas, a married man, who has a fling with Glenn "I'm not gonna be ignored" Close.

When he tries to break off their affair, she

There have been adultery comedies before, but usually on screen in American films there is a price to be paid for matrimonial betrayal.

becomes a lesson in why not to cheat on your wife.

The film was a sensation in 1987 and its most famous clip, the rabbit boiling on the stove scene, even inspired a phrase in the *Urban Dictionary*.

According to their website, cook your rabbit "refers to the moment when someone goes over the edge in their obsession with another person."

Fatal Attraction was a box office bonanza, inspiring a number of imitators including *The Crush*, *Single White Female* and a spoof called *Fatal Instinct*.

More poignant is *Same Time Next Year*, the story of a 26-year long affair. Alan Alda and Ellen Burstyn star as an extramarital couple who rendezvous once a year from youth to old age.

Based on a stage play by Canadian Bernard Slade, it's a nice mix of humour — when asked how many kids he has Alda lies, saying two rather than three, saying, "I thought it would make me seem less married," — and emotion.

Perhaps the strangest infidelity movie on our list is *Come with Me My Love*, a supernatural tale about a man who kills his cheating wife, then commits suicide, only to come back as a ghost 50 years later to haunt his old apartment.

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Divorce taking its toll on Johansson

► Actress recently split with Ryan Reynolds ► New bachelor being linked to Sandra Bullock ► Johansson spotted smoking and 'looking like a mess'



GETTY IMAGES

► Scarlett Johansson

Scarlett Johansson was spotted at Jeremy Renner's 40th birthday party in Hollywood over the weekend "looking like a mess," according to Hollyscoop.

"Scarlett was drinking vodka with lime, and was smoking cigarettes," says the source, who noted the actress — who recently separated from Ryan Reynolds — hid a shorter hairdo under a baseball cap at the party.

"She looked like she was going through a divorce," the source says.

● METRO

Wilson prepares to be a dad

Owen Wilson is getting ready to be a dad, with girlfriend Jade Buell set to give birth in Hawaii "any day now," according to Us Weekly.

Wilson is "very excited and involved with the pregnancy," a source says. "[Owen] has been doing research and learning as much as he can." ● METRO

Talking points

Douglas wins tough battle with cancer

Michael Douglas is happy to report that he's cancer-free.

"I think the odds are with the tumor gone and what I know about this particular type of cancer that I've got it beat," he tells Matt Lauer during an interview for the Today show.

● METRO

Shakira's new relationship status: Single

Pop star Shakira is single again, having split up with her longtime boyfriend, Argentinean political advisor Antonio de la Rua, according to a statement on her website.

"During our almost 11 years together we have loved each other deeply, taken care of each other and stood by one another," the statement reads.

● METRO

Sheen back to partying with porn stars

It looks like Charlie Sheen is back to his partying ways during his current visit to Las Vegas, according to Radar Online.

Sheen reportedly headed to Vegas over the

Celebrity tweets



Jeremy Piven
[@jere-mypiven]

Women officially become crazy the year they won't tell you their age...



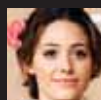
Sarah Silverman
[@SarahKSilverman]

I don't know that I'd call it gumption but I at least have the inclination to take 3 baths a day.



Aziz Ansari
[@aziz-ansari]

Does anyone think all these dead birds and fish is a viral marketing campaign for the movie Country Strong?



Emmy Rossum
[@emm-grossum]

Lesson of the day: Maybe not so wise to ask boys in the twitterverse which avatar I should use unless I am prepared to hear "kitchen scene!"

weekend for the Adult Entertainment Expo and decided to stay longer.

"Charlie went there specifically to see the porn stars he stays in touch with," the source says. "He was with a lot of the porn stars in his room and he's out of control again." ● METRO



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- Got the winter blahs? If so, it's hard not to feel perked up when you are hanging out with Bonhomme, Quebec City's most popular resident, at the Quebec Winter Carnival
- Try sleigh rides, zip-line over the Plains of Abraham and, of course, skating



► Bonhomme is the mascot of the annual Quebec Winter Carnival, which runs from Jan. 28 to Feb. 13.

Winter fun with Bonhomme

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA



In the midst of all these post-holiday grey days, who wouldn't need a little pick me up in the form of sub zero merry-making?

Old Quebec City is just the remedy for those winter blahs. The historic city

offers one of the oldest, (and truly coldest) winter festivals around.

When I was a young lad, I was actually afraid of that giant smiling snowman with the red toque towering above us mere mortals.

Turns out, the Bonhomme Carnaval is just as friendly as Frosty the snowman, and that is why he remains the lovable mascot of the largest winter carnival in the world. Talk about Canadian history.

After checking into the beautiful and historic Chateau Frontenac hotel

on the banks of the St. Lawrence, I was amazed at all the snowy festivities taking place all over old Quebec.

Elaborate evening parades, sleigh and dog sled rides, concerts, and snow sculpting to name just a few.

The very funny and icy canoe race on the St. Lawrence River is not to be missed. And if you're really adventurous you can zip-line right through the middle of the historic Plains of Abraham, which happens to be the nucleus of the carnival. It's also a fun tradition to actually skate alongside the Bon-

homme himself, so better sharpen those blades. That chilly dude can hustle!

All this wintery fun has been part of the Quebec winter calendar since 1894, and began with the habitants of New France, who knew how to eat, drink, be merry, and get a little rowdy prior to lent.

Let's face it, this time of year there's no sense in fighting the cold ... might as well celebrate it. What better place to do that than in cool old Quebec?

This year's Quebec Winter Carnival runs from Jan. 28 to Feb. 13.

Plenty of history, heights in Quebec City

If you need a break from the Carnival, here are some other cool things to do in Quebec City.

Shop in Petit Champlain:

Check out North America's oldest shopping district, located at the foot of Dufferin Terrace in the Vieux Port. Watch actors re-enact Quebec's 400-year history, or chow down at any one of a dozen bistros.

Visit Canyon St. Anne:

Marvel at the highest pedestrian bridge in Quebec, and walk over three separate suspension bridges, past a giant waterfall. For the more adventurous, try first class bungee jumping, zip-lining and mountain biking. **—DARREN PARKMAN**

3

life

News in brief



Organizers of the Quebec Winter Carnival will be inviting visitors to spend a night in the cold, sleeping in tents on the Plains of Abraham.

Tents that can accommodate up to four people will be provided along with sleeping bags in a "winter village" that will be set up for the 57th edition of the carnival, which runs from Jan. 28 to Feb. 13. The tents will be available on three nights: Jan. 29, Feb. 5 and 12.

THE CANADIAN PRESS



Egypt displeased with treatment of Cleopatra's Needle in New York City

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► Left: Diamond Head on Oahu. Right: Take some surfing lessons in Hawaii.

Hawaii on a budget

While planning a weeklong family trip to Hawaii as an escape from winter, I kept getting suggestions from friends, websites and even my kids for all kinds of "must-see" activities.

Helicopter tours! Dolphin encounters! Luau! Bike rides down volcanic mountains!

Then I checked out the prices for all these marvels. Helicopter tour, \$200. Dolphin encounter, \$100. Luau, \$100. Bike ride, \$100.

Now multiply each fee by four, for me, my spouse and two kids. I'd just added \$2,000 to the budget for our trip.

But if we didn't do any of these things, would we really feel we'd missed out?

I'm happy to report we skipped 'em all with no regrets. Yet our trip to Hawaii was spectacular. We hiked through rain forests, walked across a volcano floor, stargazed from the world's tallest mountain, and swam in a bay so full of colourful sea life that it was like stepping into an aquarium.

The cost for these activities, aside from parking or car entry fees: Zero.

Which is not to say that a vacation to Hawaii can be done on a dime. We

pounced on a \$550 US round-trip airfare, but even that meant \$2,200 US for a family of four.

We stuffed ourselves at free hotel breakfasts and at places like Me's BBQ, 151 Uluniu St. in Waikiki on Oahu, where the plate lunch (a mix of choices including chicken, fish, pork, vegetables, rice and macaroni salad) fills you up for under \$10. But most of all, we collected memories from one amazing adventure to the next, without spending a lot of cash. Here are some details.

Kalalau Trail and Hanalei

Bay on Kauai

The Kalalau Trail on Kauai's Napali Coast is 18 kilometres one way, but the first section — 6.5 kilometres round trip — makes a perfect half-day outing (kalalautrail.com). Parking is free but the limited spots fill up early. The steep trail can be muddy and slippery; wear sturdy footwear. Scenery ranges from lush and jungle-like as you climb the mountain, to dramatic overlooks from high cliffs over the ocean, to roaring waves crashing on a rocky beach.

Mauna Kea Volcanoes Park

and Kahului Bay on the Big Island

Mauna Kea, the world's tallest mountain (9,144 metres from its base in the ocean to its summit), is home to many of the world's largest observatories. A final Big Island wonder was Kahului Beach Park in Kona. For under \$10, you can rent snorkel gear on site and wade into the water to see coral and fish.

Diamond Head, Pearl Harbor, hula show and surfing in Oahu

The famous beach at Waikiki is located in Honolulu on

Oahu. Here I found a wonderful free alternative to a luau, which I wanted to attend not so much for the performances. No visit to Oahu is complete without visiting its two most famous landmarks: Diamond Head and Pearl Harbor. A steep 2.5-kilometre roundtrip trail to the summit of Diamond Head's volcanic cone offers panoramic views of the ocean and Honolulu.

At Pearl Harbor your visit begins with a film on the site's history. Then take a short boat ride to the USS Arizona Memorial.

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► New Orleans' Carnival season features about 100 parades.

Carnival season is on in Big Easy

New Orleans has said so long to the holidays and used the Twelfth Night observance to kick off the Carnival season — which will be extra long this year.

Mayor Mitch Landrieu, accompanied by New Orleans clarinetist Pete Fountain, on Thursday served up slices of king cake, the traditional Carnival pastry, at historic Gallier Hall where the mayor greets parading royalty on Mardi Gras Day.

Between Thursday and when Carnival celebrations wrap up March 8, about 100 parades will roll through area streets or float down waterways.

The first was the Phunny Phorthy Phellows on Thursday night. The group rides a St. Charles Avenue streetcar on Twelfth Night — which for some Christians marks the end of the Christmas season — to kick off the debauchery associated with Carnival.

THE ASSOCIATED PRESS

Tons of video game fun for kids in the Bahamas

Parents returning to Canada from a winter break on Paradise Island in the Bahamas may remember the sun, sand and surf. Their teenagers, on the other hand, may miss the video games.

The island's Atlantis resort has opened an \$11-million teen club called Crush, a 1,300-square-metre facility that boasts a state-of-the-art gaming stadium equipped with consoles (PlayStation 3, Wii and Xbox360) and pod chairs featuring built-in surround sound for "a true arena-inspired experience," says a release.

As well, 10 private gam-

ing cabanas are outfitted with 55-inch 3D flat-screen TVs.

There's also an Internet lounge stocked with computers and iPads, and a dance club with video walls and performance stage.

The aim of Crush is to focus on technology that teens are embracing, said George Markantonis, president of Kerzner International Bahamas. Atlantis is Kerzner's flagship resort.

"The teen and tween audiences are becoming increasingly powerful when determining where families will go on their holiday," he said.

THE CANADIAN PRESS

Establishing yourself

JOURNEY WOMAN

EVELYN HANNON
JOURNEYWOMAN.COM

Shortly after arriving in a new place while travelling alone, I scope out local restaurants and coffee

houses. When I find one I like, I make it part of my daily routine to spend some time there eating, reading, or planning my next destination.

By my second or third visit, the owner would warm up, refill my coffee mug for free, or tell me about the latest local fes-

tival or "best kept secret." Other solo travellers seem to use this tactic as well, which makes meeting new people a snap.

At a French bakery in Cambodia, I met a Dutch filmmaker who was looking for someone to share the cost of transport to Angkor Wat.

We spent the day exploring the ancient temples and as a thank you, he gave me a copy of the day's footage.

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Ingredients:

- 250 ml (1 cup) milk
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- 500 ml (2 cups) strawberries
- 30 ml (2 tbsp) maple syrup

Preparation:

- Blend milk, yogurt, strawberries and maple syrup until smooth. This recipe makes 750 ml (3 cups).

THE CANADIAN PRESS



▶ Canadian chef Ryan Stone will compete at the glitzy Bocuse d'Or competition in France.

Canadian chef aims for kitchen gold

▶ Ryan Stone will compete in the international Bocuse d'Or cooking competition in France

When Ryan Stone hits the stage at a convention centre in Lyon, France, he'll be entering what can only be described as the Olympics of the culinary world.

"It's life-consuming,"

Stone says of the preparation involved in representing Canada in the glitzy Bocuse d'Or competition involving 24 countries.

Top food wizards from Argentina to Uruguay will vie for a prestigious trophy and \$35,000 euros as they prepare lamb and fish dishes in five and a half hours on Jan. 25 and 26.

A team of 12 chefs will compete each day, with Stone going head to head with his rivals on the second day of the event.

Stone says the atmosphere will be electric as 8,000 spectators watch the chefs' every move in the knock-down, drag-out event that's been held every two years since 1987.

"I compare it to watching a playoff hockey game and a rock concert combined," he says. "People who are watching are really loud, they've got music pumping through the speakers there and two

MCs. It's crazy."

Stone, 28, was selected in 2008 to represent Canada at this year's Bocuse d'Or from among five chefs at a competition in Montreal where he cooked two winning dishes including a black cod and lobster combo rolled together with a scallop mousse made of chives, parsley, tarragon and truffles.

Stone's eight-member team includes a manager who has secured sponsor-

ships, liaised with organizers in Lyon and helped launch fundraisers that will net about \$350,000 to compete at the show.

Stone says the two silver platters that will display his lamb and fish creations cost about \$40,000, and the rest will go toward everything from air fare to all that lamb and fish he's been cooking up over and over again for months.

Last February, the competitors for this year's Bocuse d'Or received word about which type of meat and fish they'd be cooking — saddle of lamb, which includes both sides of the loin with the backbone still attached, along with monkfish, Scottish brown crab and langoustine, similar to baby lobster.

Canadian chefs have never placed in the top three at the Bocuse d'Or contest, but neither have those from the United States, Stone points out.

"The best we've placed is fourth, and the best that the States has placed is fifth. We've pretty well always placed in the Top 10."

This year, the country to watch is Denmark, Stone says. **THE CANADIAN PRESS**

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News worth sharing.

Stone's salmon special

▶ The chef teams French bread brioche with fish in this unique dinner dish that goes well with Chardonnay

Preparation:

- In a small bowl, mix honey and grapeseed oil and thoroughly brush the top and sides of the salmon. Place salmon on a baking sheet.

- In a large bowl, mix yolks, cream, tarragon and shallot. Add brioche and gently mix, being sure all of the

brioche is covered with the yolk cream mixture. Pack brioche mixture evenly on top of the salmon.

- Bake in a 160 C (325 F) oven for 10 to 12 minutes or until salmon flakes easily with a fork. Baking time will depend on the size of the salmon.

THE CANADIAN PRESS

Ingredients:

- 4 salmon portions (about 175 g/6 oz each)
- 15 ml (1 tbsp) honey
- 30 ml (2 tbsp) grapeseed oil
- 2 egg yolks
- 50 ml (1/4 cup) cream
- 15 ml (1 tbsp) tarragon
- 1 shallot, finely chopped
- 500 ml (2 cups) diced brioche
- Salt and pepper

Get on top of your work

► Guarantee resolution success by making smaller, more reasonable micro-ambitions.

► Take advantage of this month's slower pace and get your goals in gear



DREW
HINSHAW
LIFE@METRONEWS.CA

The new year is young – and so is the decade – but if you dive right into it, you may miss the best moment to rethink your daily drudgery and set a new year's resolution in place, one more meaningful than a weight-loss program.

The first month of the year finds work loads light as workers crawl back to their stations at a post-holiday pace, which is why career counsellors say it's best to set ambitious and

intrinsically rewarding goals now – before the holiday vibe curdles like that last carton of eggnog.

"People should have ongoing goals they assess a minimum of once a year, but those goals shouldn't be just what you are going to achieve for the company, but where you want to be," says Jane Cranston, a career coach in New York.

When those old routines speed up, and the smart phones resume buzzing at a frequent pace, it can become easy to lose track of why you go through it all in the first place.

"You have to regularly ask yourself, 'How will future generations think about your contribution to the world?'" Fearless Career Change author Marky Stein notes. "It's a big, final, existential question, but it's important for people to ponder."

If that seems a broad and daunting question, set meaningful micro-goals, Cranston recommends.

"Be fair to yourself," she stresses. "Goals should be smart – specific, measurable, attainable, realistic and timely. Break them into manageable pieces and tell another person

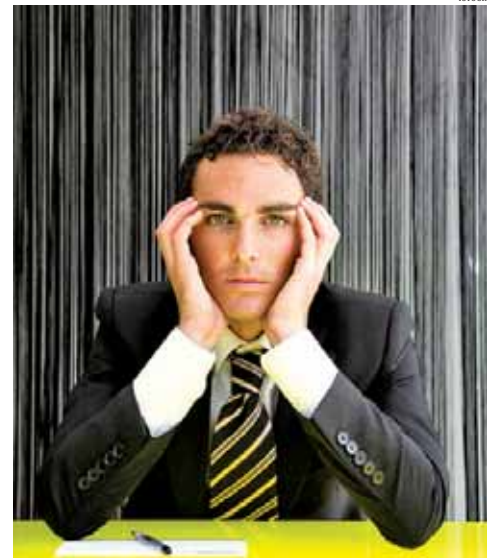
about your goal."

"Better yet, work together to achieve them," she continues.

However expansive or small your 2011 ambitions, there's no better time to act on them than in this lull at the beginning of the year, Stein says.

"You can get your resumé in on a week where they'll only be receiving 10 resumé instead of 150," she explains. "In January, most companies have planned their new budget and have brand new budgets for brand new positions."

Depression cuts co-worker communication



Most Canadians that experience depression in their lifetime will be affected in their working years.

While the impact on productivity in a workplace can be significant, employers may not recognize how relationships with co-workers can also be impacting performance. A recent Leger Marketing survey of Canadians living with depression found that most (67 per cent) respondents said their depression impacts their relationship with co-workers, with half avoiding contact altogether.

This avoidance with co-workers is not surprising given the survey also explored perceptions about depression and found that two-fifths of diagnosed Canadians believe depression is not perceived by the public as a medical condition (43 per cent) while less than five per

cent of Canadians actually have that view.

"The general population's view about depression shows that we are clearly making progress in the understanding and management of the illness. However, we need to ensure that this knowledge and empathy toward those diagnosed with depression is translated into action," said Paula Allen, vice president of organizational solutions for Shepell.fgi.

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One individual's experience, related below, confirms two of my favourite rules in law: people get what they pay for, and clients hire lawyers to get better results than they could get for themselves.

An individual I met with last year decided that she would attempt to argue her case on her own. Naturally, this was against my advice since, as I explained, her

case was not simple and her former employer did not appear willing to settle. Further, most judges strongly discourage self-represented litigants from conducting their own trials, another point I clearly made known.

As her claim fell within the jurisdiction of the small claims court, she relied on a free brochure, provided by the government, which explains that lawyers are not mandatory for small claims court. Since the majority of small claims matters relate to simple claims, a lawyer's involvement is often unnecessary. However, in workplace law cases, where questions of fact and law are disputed, seldom can an unrepresented individual adequately conduct a trial, a fact overlooked by the government's brochure.

She also was dissuaded from retaining a lawyer for fear of the costs. In her view, if she could obtain close to the same result that

I could, then why pay for my time if she could save her money by fighting the case on her own. However, this only made sense if she won her case — a point she completely ignored when rejecting my offer to take on her matter.

Recently, I received a frantic call from her on the verge of her trial hoping that I would now take her case. Her employer was not prepared to settle, as I had predicted, and a pre-trial judge had ordered her to retain a lawyer, since he felt that she was incapable of arguing her own case. What's worse is that she was ordered to pay her employer's legal costs for the preliminary hearing, a result usually limited to frivolous claims.

Had this individual heeded my advice, she could have been cashing settlement cheques by now rather than having to pay legal costs to her employer.

See you in CPR 101

► The American Heart Association wants all U.S. secondary students to be trained in CPR
► Should Canada follow suit?



► Students perform chest compressions on baby mannequins during a CPR training class at Shaker Heights High School in Shaker Heights, Ohio.

Learning CPR at school has given 14-year-old Olivia Frierson more confidence when she babysits or helps out at a church nursery.

"I'm not as worried if something would happen," said Olivia, a ninth-grader at Shaker Heights High School in suburban Cleveland.

The American Heart Association thinks there should be more students like Olivia. It wants states to require high school students to learn how to give CPR and use an automated external defibrillator before they graduate.

That would "create a generation that could be trained, ready and willing to act," said Mary Fran Hazinski, a professor at Vanderbilt University School of Nursing in Nashville, Tenn.

She's one of the authors of an advisory released Monday that the heart

group developed with the American Academy of Pediatrics and the American College of Emergency Physicians. It calls for state legislatures to require students to get CPR and AED training before graduating from high school.

At least 36 states either require or encourage cardiopulmonary resuscitation training in schools, according to the heart group.

However, that ranges from suggesting that students recognize the steps of CPR to requiring certification.

Sudden cardiac arrest — when the heart suddenly stops beating — is a leading cause of death in the U.S. The heart association says an estimated 300,000 cardiac arrests occur outside the hospital each year.

Survival, which varies greatly from region to region, is estimated to be on-

ly about eight per cent on average.

"Bystander CPR can double or triple survival," said Hazinski.

By teaching students CPR and how to use a defibrillator, "They'd be available to respond at home, in public places like malls and health clubs," she said.

At Shaker Heights High School, students learn those skills during a four-week program that's part of a physical education class, said Stuart Gilbert, head of the school's health and PE department.

While the CPR program isn't required for graduation, the majority of the ninth-graders take the PE class, he said. The students are at a "perfect age" for the classes, he said, because they're babysitting and getting other jobs that require such skills, like being a lifeguard," he said.

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(MUST BE 18 YEARS OLD TO ENTER.)



Oilers fall short in frantic third period

► Team draws even with surge in final frame before falling on reviewed goal

James Neal scored the tie-breaking goal moments before getting credit for it as the Dallas Stars beat the Edmonton Oilers 3-2 lastnight.

Neal took a shot from the middle of the right circle that went over the shoulder of goalie Nikolai Khabibulin and bounced out of the net so quickly that play continued until the whistle blew for an apparent penalty. Officials then looked at a video replay and awarded the goal.

Neal's 16th of the season, with 11:09 left, came soon after the Oilers scored twice in less than two minutes to tie the game. Kari Lehtonen stopped the other 39 shots by Edmonton, who have won one of its last 10 games (1-7-2).

Jamie Benn and captain Brenden Morrow also scored for Dallas.

Jamie Langenbrunner, re-acquired last week from New Jersey, played his first home game for the Stars in nearly nine years. The right-winger was scoreless, but the crowd cheered loudly when he got in fight late in the second period.

Edmonton finally scored on its 27th shot, with 14:10



left, when Jean-Francois Jacques flicked a rebound up and over Lehtonen's glove for his second goal of the season. On another rebound that the Stars failed to clear, Ryan Jones got his 10th goal of the season with 12:22 left.

The Pacific Division-leading Stars had been 0-3-2 at home since a win over Montreal on Dec. 21. In that same span, they set a franchise best seven-game road winning streak.

Langenbrunner appeared on the ice for the first time about a minute into the game. He got a loud cheer late in the second period when he and Kurtis Foster wrestled.

THE ASSOCIATED PRESS



► Edmonton Oiler Ales Hemsky skates past Dallas Star Jamie Langenbrunner in third-period action yesterday in Dallas.

Opinion

RYAN KENNEDY
THE HOCKEY NEWS



THERE'S A SILVER LINING FROM JUNIOR TOURNAMENT

At best, the world junior championship in Buffalo could be characterized as bittersweet for Edmonton fans.

As supporters of Team Canada, there was naturally the disappointment of the third-period collapse against the Russians, where the opposition scored five goals in the final stanza to snatch away gold.

On top of that, there was the fact Oilers draft pick Olivier Roy lost the No. 1 goaltending job on Team Canada to Mark Visentin, a Phoenix Coyotes pick, after getting shelled by Sweden in the round robin.

But not all was lost. Anton Lander once again had a strong tourney for Sweden, winning faceoffs, providing leadership while wearing the captain's C on his sweater and contributing four points in six games. True, when Lander hit the post on a failed shootout attempt against the Russians, it sent Sweden to the bronze-medal game instead of the final, but worse things have happened in a young career.

In terms of his future in Edmonton, Lander is looking forward to it. The young Swede is currently playing for Timra in the Swedish Elite League, where

he will likely spend at least another season. But one of his former teammates on the squad is Magnus Paajarvi, the esteemed Oilers rookie. Lander told me Paajarvi spoke very highly of playing in Edmonton, both as an organization and as a city.

While fans may need to be patient, Lander is certainly a prospect worth waiting for.

In terms of other Edmonton prospects in the tourney, Toni Rajala was very quiet for the Finnish squad, which had a great round robin before a disappointing medal round (particularly in a fifth-place game loss to Switzerland). Martin Marincin missed most of the tourney for Slovakia due to a suspension on a nasty and stupid elbow against the Americans in the round robin.

Curtis Hamilton looked good for Canada, however. A strapping six-foot-two, 209-pound power forward, Hamilton went into the dirty areas and displayed some deft hands for the Canucks. Overall, he sniped four goals in seven games for the Canadians.

So while this tournament didn't have Taylor Hall, Jordan Eberle or Magnus Paajarvi making big noise for the Oilers franchise, there was definitely some top-end talent that you should expect to see in the copper and blue in the not-too-distant future.

4

sports

Quoted



"I think everybody's really curious to see how it goes. The players that I've spoken to, whether they'll be in it or sitting in a tiki hut down in the Caribbean, they're all sort of interested to watch the players play general manager."

NHL EXECUTIVE BRENDAN SHANAHAN ON THE NEW FORMAT FOR THE ALL-STAR GAME, IN WHICH TWO CAPTAINS SELECT THE SQUADS. THE LEAGUE NAMED THE PLAYERS WHO WILL TAKE PART IN THE GAME YESTERDAY.



Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	42	27	10	2	3	142	109	59	13-6-0-2	14-4-2-1	7-3-0-0	W4
d-Tampa Bay	43	25	13	3	2	128	137	55	12-3-1-1	13-10-2-1	6-3-1-0	L1
d-Boston	42	23	12	2	5	123	93	53	10-7-1-2	13-5-1-3	6-1-1-2	W2
Pittsburgh	44	26	14	2	2	138	105	56	14-9-1-0	12-5-1-2	4-4-0-2	L3
Washington	43	24	12	4	3	126	113	55	14-5-2-3	9-9-1-0	6-1-2-1	L1
NY Rangers	44	25	16	2	1	127	109	53	10-9-1-1	15-7-1-0	5-3-1-1	L1
Montreal	43	24	16	3	0	106	100	51	14-5-3-0	10-11-0-0	5-4-1-0	W3
Atlanta	45	22	16	3	4	140	140	51	11-8-1-2	11-8-2-2	3-5-2-0	L2
Carolina	42	21	15	2	4	127	128	48	10-7-1-1	11-8-1-3	7-1-2-0	W4
Buffalo	42	18	19	5	0	115	124	41	9-11-1-0	9-8-4-0	5-4-1-0	L1
Florida	41	19	20	1	1	113	109	40	9-8-1-1	10-12-0-0	4-4-1-1	W1
Toronto	41	17	20	2	2	108	123	38	9-10-2-1	8-10-0-1	5-5-0-0	W3
Ottawa	43	16	21	4	2	93	132	38	9-12-1-1	7-9-2-1	2-5-1-1	L6
NY Islanders	41	13	21	3	4	97	134	33	7-7-1-1	6-14-2-1	6-3-0-1	L2
New Jersey	42	11	29	1	1	78	133	24	7-13-1-1	4-16-0-0	2-8-0-0	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	42	28	8	3	3	145	103	62	15-3-1-2	13-5-2-1	9-0-0-1	W1
d-Detroit	43	27	11	4	1	149	123	59	13-5-1-1	14-6-1-0	6-3-1-0	L1
d-Dallas	44	26	13	1	4	127	120	57	13-6-1-3	13-7-0-1	5-3-0-2	W2
Nashville	42	23	13	4	2	111	98	52	11-4-3-2	12-9-1-0	6-4-0-0	W6
Phoenix	43	21	13	6	3	121	123	51	8-5-3-2	13-8-3-1	6-2-1-1	W2
Colorado	43	22	15	6	0	144	138	50	12-8-3-0	10-7-3-0	3-5-2-0	W1
Anaheim	43	23	18	2	1	117	125	50	15-7-0-1	8-11-2-1	6-4-0-0	W2
Chicago	42	23	18	2	1	136	121	49	14-10-0-0	9-8-2-1	6-4-0-0	W2
Los Angeles	42	23	18	1	0	126	108	47	14-7-1-0	9-11-0-0	4-6-0-0	L1
Minnesota	43	21	17	1	4	108	123	47	10-10-0-2	11-7-1-2	5-3-1-1	L2
San Jose	43	21	17	4	1	119	118	47	10-7-2-1	11-10-2-0	4-4-0-0	L4
St. Louis	41	20	15	2	4	110	116	46	14-7-0-2	6-8-2-2	5-4-0-1	L4
Columbus	43	20	20	2	1	110	134	41	11-10-0-1	9-10-2-0	3-7-0-0	L5
Calgary	43	18	20	4	1	117	129	41	11-8-0-1	7-12-1-3	4-4-0-2	L4
Edmonton	41	13	21	1	6	103	141	33	7-11-1-2	6-10-1-3	1-7-0-2	L2

d = division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Boston 6 Ottawa 0
Carolina 6 Calgary 5 (SO)
Dallas 3 Edmonton 2
Montreal 2 N.Y. Rangers 1
Vancouver 4 N.Y. Islanders 3 (OT)
Nashville 5 Minnesota 1
Philadelphia 5 Buffalo 2
Phoenix 4 Columbus 3
Toronto at San Jose

Monday's results

Toronto 3 Los Angeles 2
Boston 4 Pittsburgh 2
Colorado 5 Detroit 4
Phoenix 4 St. Louis 3
Tight's games
Pittsburgh at Montreal, 7:30 p.m.
Washington at Tampa Bay, 7:30 p.m.
Colorado at Chicago, 8:30 p.m.
St. Louis at Anaheim, 10 p.m.

HURRICANES 6, FLAMES 5 (SO)

First Period
1. Calgary, Bouwmeester 4 (Iginla, O.Jokinen) 4:13
2. Carolina, Ruutu 11 (LaRose, Skinner) 11:46
3. Calgary, Iginla 18 (Tanguay, O.Jokinen) 13:06
4. Carolina, J.Jokinen 7 (Bra.Sutter) 16:29
Penalties — Pardy Cal (tripping) 7:30, Sarich Cal (hooking) 8:40.
Second Period
5. Carolina, Cole 12 (J.Jokinen, Samsonov) 2:16
6. Carolina, E.Staal 21 (White, Ward) 5:37
7. Carolina, J.Jokinen 8 (Gleason, Dwyer) 14:50
8. Calgary, Hagman 9, 16:48
Penalties — Morrison Cal (slashing) 0:08, Kotalk Cal (slashing) 3:32, Harrison Car (hooking) 7:32.
Third Period
9. Calgary, Glencross 10 (Hagman, Regehr) 1:31
10. Calgary, Bourque 14 (Morrison, Jackson) 7:39
Penalties — Sarich Cal, LaRose Car (roughing) 4:52, Skinner Car (boarding) 8:37.
Overtime
No Scoring.
Penalty — Bourque Cal (slashing) 2:38.
Shootout
Carolina wins 1-0
Calgary (O) — Tanguay, miss; Kotalk, miss; Hagman, miss.
Carolina (I) — J.Jokinen, miss; Skinner, goal; Ruutu, miss.

Shots on goal by
Calgary 12 8 12 0 32
Carolina 6 11 9 4 30
Goal (shots-saves) — Calgary: Kiprusoff (8-4), Karlsson (L, 2-3-3; 5:57 second) (22-21); Caroline Ward (W, 18-11-5).

Power plays (goals-chances) — Calgary: 0-2; Carolina: 0-5.
Referees — Greg Kimmerly, Tim Peel. **Linesmen** — Tim Novak, Andy McElman.
Attendance — 10,096 (18,680).

CANUCKS 4, ISLANDERS 3 (SO)

First Period
1. Vancouver, Burrows 9 (D.Sedin, H.Sedin) 4:58
Penalties — Colliton NYI (holding) 12:05, Colliton NYI (hooking) 17:52.
Second Period
2. N.Y. Islanders, Hillen 1 (Comeau, Jurcina) 15:13
3. Vancouver, Kesler 24 (Samuelsson, Torres) 19:44
Penalties — Glass Vcr, Martin NYI (fighting) 10:57, Tambellini Vcr (hooking) 13:12.
Third Period
4. N.Y. Islanders, Tavares 15 (Schremp, MacDonald) 3:14 (pp)
5. N.Y. Islanders, Comeau 11 (Reese, Schremp) 14:24
Penalty — Vancouver, Bieksa 14, 58
Penalty — Bieksa Vcr (high-sticking) 2:57.
Overtime
No Scoring.
Penalties — None.
Shootout
Vancouver wins 2-1
Vancouver (2) — Raymond, goal; Tambellini, miss; Kesler, goal.
N.Y. Islanders (1) — Schremp, goal; Parenteau, miss; Tavares, miss.

Shots on goal by
Vancouver 20 10 18 3 51
N.Y. Islanders 9 16 15 1 41
Goal — Vancouver: Luongo (W, 20-8-4); N.Y. Islanders: Poulin (L, 1-0-1).

Power plays (goals-chances) — Vancouver: 0-2; N.Y. Islanders: 1-2.
Referees — Stephane Auger, Marc Joannette.
Linesmen — Steve Barton, Greg Devorski.
Att. — 8,913 (16,234) at Uniondale, N.Y.

BRUIINS 6, SENATORS 0

First Period
1. Boston, Bergeron 11, 3:33
2. Boston, Wheeler 10 (Seguin, Krejci) 9:47
Penalty — Seguin Bos (high-sticking) 17:40.
Second Period
3. Boston, Bergeron 12, 2:50
4. Boston, Marchand 8 (Seidenberg) 14:07
5. Boston, Seguin 7 (Krejci, Chara) 15:26
Penalties — McQuaid Bos (interference) 0:46, Winchester Ott, Horton Bos (fighting) 3:23, Ference Bos (roughing) 3:46, Carkner Ott, Thornton Bos (fighting) 10:26.

Third Period
6. Boston, Bergeron 13 (Marchand) 5:04
Penalties — Ruutu Ott (roughing) 6:58, Carkner Ott (roughing, fighting), Paille Bos (fighting) 14:50, Fisher Ott (delay of game) 16:52.
Shots on goal by
Ottawa 9 13 9 31
Boston 10 17 12 39

Goal (shots-saves) — Ottawa: Elliott (L, 12-14-5) (27-22), Brodeur (start third) (12-11); Boston: Thomas (W, 19-4-6).

Power plays (goals-chances) — Ottawa: 0-3; Boston: 0-3.
Referees — Chris Rooney, Brad Watson. **Linesmen** — Derek Nansen, Anthony Sericolo.
Att. — 17,565 (17,565) at Boston.

CANADIENS 2, RANGERS 1

First Period
1. N.Y. Rangers, Dubinsky 17 (Gillroy, Lundqvist) 4:15
Penalties — Eller Mtl (holding) 10:38, Subban Mtl (roughing) 16:04, Staal N.Y.R. (interference) 16:12.
Second Period
2. Montreal, Spacsek 2 (Plekanec, Weber) 18:49
Penalties — Girardi N.Y.R. (holding) 3:43, Pacioretty Mtl (cross-checking), Staal N.Y.R. (roughing) 19:20.

Third Period
3. Montreal, Pouliot 9 (Wisniewski) 6:03
Penalties — None.
Shots on goal by
Montreal 14 11 13 38
N.Y. Rangers 9 11 6 26

Goal — Montreal: Auld (W, 3-2-0); N.Y. Rangers: Lundqvist (L, 18-13-3).
Power plays (goals-chances) — Montreal: 0-2; N.Y. Rangers: 0-2.

Referees — Chris Lee, Justin St. Pierre. **Linesmen** — Scott Driscoll, David Brisebois.
Att. — 18,200 (18,200) at New York.

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Att. — 18,200 (18,200) at New York.

TENNIS

SYDNEY INTERNATIONAL

At Sydney

Yesterday's results

MEN

Singles

Second Round

Richard Gasquet (5), France, def. Matthew Ebden, Australia, 6-4, 6-3.
Guillermo Garcia-Lopez (7), Spain, def. Chris Guccione, Australia, 7-6 (5), 7-5.
Juan Ignacio Chela, Argentina, def. Radek Stepanek, Czech Republic, 4-6, 6-0, 6-3.
Potito Starace, Italy, def. Julien Benneteau, France, 6-7 (6), 6-3, 6-4.
Andreas Seppi, Italy, def. Denis Istomin, Uzbekistan, 6-1, 6-0.

Gilles Simon, France, leads Yen-hsun Lu, Taiwan, 6-0, 3-2 (susp., darkness).
Alexander Dolgoplov, Ukraine, vs. Bernard Tomic, Australia, 6-7 (3), 6-1 (susp., darkness).

WOMEN
Singles
First Round
Dominika Cibulkova, Slovakia, def. Caroline Wozniacki (1), Denmark, 6-3, 6-3.
Flavia Pennetta, Italy, def. Vera Zvonareva (2), Russia, 7-5, 7-5.

Kim Clijsters (3), Belgium, def. Barbora Zahlavova Strycova, Czech Republic, 6-1, 6-4.
Svetlana Kuznetsova, Russia, def. Sam Stosur (4), Australia, 3-6, 6-3, 6-4.
Victoria Azarenka (7), Belarus def. Shahar Pe'er, Israel, 7-5, 6-3.

Li Na (8), China, def. Virginie Razzano, France, 6-4, 1-6, 6-4.
Alisa Kleybanova, Russia, def. Maria Jose Martinez, Spain, 6-2, 6-4.

Bojana Jovanovski, Serbia, def. Aravane Rezai, France, 7-6 (4), 7-6 (4).

Olga Govortsova, Belarus, leads Peng Shuai, China, 2-1 (susp., rain).

HOBART INTERNATIONAL
At Hobart, Australia
Yesterday's results
Singles
Second Round
Roberta Vinci (4), Italy, leads Elena Baltacha, Britain, 6-3 (susp., rain).

Jarmila Groth (6), Australia, def. Tamara Paszek, Austria, 6-4, 7-6 (5).

Victor Hanescu, Romania, def. Kevin Anderson, South Africa, 7-6 (7), 6-7 (3), 6-4.
Marcel Granollers, Spain, def. Bobby Reynolds, U.S., 6-4, 6-3.

Philipp Petzschner, Germany, def. Thiemo de Bakker, Netherlands, 6-1, 6-7 (5), 7-6 (3).
Tobias Kamke, Germany, def. Pere Riba, Spain, 6-3, 6-4.

Arnaud Clement, France, def. Xavier Malisse, Belgium, 4-6, 6-2, 7-5.
Robin Haase, Netherlands, def. Pablo Cuevas, Uruguay, 3-6, 7-6 (3), 7-6 (3).

WORLD RANKING
Through Jan. 9
1. Lee Westwood Eng 8.97
2. Tiger Woods USA 7.50
3. Martin Kaymer Ger 7.03
4. Phil Mickelson USA 6.39
5. Graeme McDowell Nlr 6.30
6. Steve Stricker USA 6.01
7. Jim Furyk USA 6.00
8. Paul Casey Eng 5.65
9. Luke Donald Eng 5.48
10. Ian Poulter Eng 5.48

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Miami	30	9	.769	—
d-Boston	28	9	.757	1
d-Chicago	25	12	.676	4
Orlando	25	12	.676	4
Atlanta	25	14	.641	5
New York	22	15	.595	7
Indiana	15	20	.429	13
Charlotte	14	21	.400	14
Milwaukee	14	21	.400	14
Philadelphia	15	23	.395	14
Toronto	13	24	.351	16
Detroit	12	25	.324	17
Washington	10	26	.278	18 1/2
New Jersey	10	27	.270	19
Cleveland	8	29	.216	21

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	6	.842	-
Dallas	26	10	.722	5
d-L.A. Lakers	27	11	.711	5
d-Oklahoma City	25	13	.658	7
d-Utah	25	13	.658	7
New Orleans	22	16	.579	10
Denver	21	16	.568	10 1/2
Portland	20	19	.513	12 1/2
Houston	17	21	.447	15
Memphis	17	21	.447	15
Phoenix	15	21	.417	16
Golden State	15	22	.405	16 1/2
L.A. Clippers	12	24	.333	19
Minnesota	9	30	.231	23 1/2
Sacramento	8	27	.229	24 1/2

A vibrant red Fiat 500 is shown from a front-three-quarter angle, parked on a paved surface. The car's iconic round headlights and black grille with the Fiat logo are prominent. In the background, a body of water reflects the light, and a dense urban skyline with various skyscrapers is visible under a clear sky. A concrete wall with graffiti is partially visible behind the car.

► The 500 will be sold through Fiat dealers, most of which operate in conjunction with Chrysler stores. The dealers will be a gateway for other Fiat products entering this country.



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If you're looking for fresh, tasty and crispy vehicular selections, an international auto show can't be beat. The Detroit auto show has always been particularly bountiful in that regard, and this year's installment just under way is no exception. Here are six Detroit debuts we think will flourish.

NORTH AMERICAN INTERNATIONAL AUTO SHOW



Audi A6 Hybrid

Audi showed off its new A6 at Detroit, and announced that a hybrid version will join the line-up. Expect the non-hybrid to utilize the current 300-hp supercharged 3.0-litre V6. The hybrid will use a tag-team powertrain: the 211-hp turbocharged 2.0-litre I4 and a 45-hp electric motor with 39 kW lithium-ion battery pack, promising V6 power with four-cylinder fuel economy. In EV mode, the A6 can hit 100 km/h and cover three kilometres at a speed of 60 km/h.

Hyundai Curb Concept



The Curb concept signals that Hyundai also wants to join the burgeoning "very expressive crossover based on a compact car" niche, which is currently comprised of such entries as Nissan Juke and Kia Soul.

It is also a test bed for Hyundai's connectivity technologies; witness the large acrylic touch-screen panel with multiple zones, which allows information to be passed among the vehicle's occupants, and BlueLink, which functions much like GM's OnStar system.

Ford Vertrek Concept



The Vertrek is a concept vehicle to reveal Ford's vision for the Escape replacement. It is based on Ford's global "C" platform, which underpins the new Focus sedan and the coming C-Max microvan. The current Escape is built on a larger platform that can take a V6. The C platform is wall-to-wall four-cylinder power; the Vertrek features the 1.6-litre EcoBoost.

NORTH AMERICAN INTERNATIONAL AUTO SHOW

Honda Civic Concepts



Honda brought Civic concepts to Detroit, giving the world its first glimpse into the styling direction of the waiting-in-the-wings, ninth-generation Civic.

Styling is an evolution of its current "one-motion mono-form" shape, and the mission statement continues to be "Civic for all people," meaning there will be a Civic for all tastes, including a sedan and coupe with conventional gasoline engines, two sporty "Si" performance versions, a hybrid, and a natural gas version as well (though don't expect the latter in Canada).

PAUL SANCYA/THE ASSOCIATED PRESS

Mercedes SLS AMG E-CELL



This Mercedes-Benz SLS AMG E-CELL is a car with a lot of capital letters, but that's okay with us, because it looks real COOL and goes real FAST and doesn't burn any PETROLEUM. This gull-wing sports car is packing a 480 kW lithium-ion battery pack, feeding four compact electric motors. Said motors spin to 12,000 rpm and generate the equivalent of 526 horses.

NORTH AMERICAN INTERNATIONAL AUTO SHOW

Toyota Prius v



Toyota Prius is now a "family" of vehicles. Toyota showed two vehicles that will soon join the "regular" Prius hybrid and the almost here Plug-In Hybrid (PHV) model. The Prius v is production ready and minivan-like. The Prius c is still a concept, but nonetheless reveals that a smaller, entry-level Prius also this way comes. The v offers a wide-opening hatch, sliding second row seats, 971 litres of cargo space, and a combined fuel rating of about 40 mpg.

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Taking a glimpse into the future

► The three-wheeled Urbee may be available to consumers in three years

DRIVING FORCE

JIL MCINTOSH
DRIVE@METRONWS.CA

What is the future of the automobile?

According to Jim Kor of Winnipeg, whose Kor Eco-Logic company is working on the three-wheeled Urbee hybrid, it's a vehicle that's durable, economical, safe, can be rebuilt after it has worked reliably for a long time, and can ultimately be recycled.

"I never started out to be in the car business," says Kor, who is working with a team of Canadian engineers and designers on the Urbee (Urban Electric

Ethanol).

"It was all inquisitive. I wanted to see what was the least amount of energy I needed to do daily trips."

The Urbee uses an eight-horsepower engine mated to an electric motor and battery pack. It runs on electricity at low speeds and liquid fuel at highway speeds for maximum efficiency, and although the engine is small, the Urbee can reach 120 km/h.

It has a stainless steel frame and plastic body, and Kor says he expects the price to be about \$20,000.

If all goes as planned, you should be able to buy one in about three years. Kor sees it as the perfect car for running errands or as a family's second car.



► Jim Kor and a model of the Urbee

The project is still at the first prototype stage, although the chassis has been driven; Kor expects to have it together and operational by March.

Plugged into a wall to charge its battery and using

gasoline or ethanol to extend its range, it could run on about 60 cents per day.

Kor says he's considering offering a solar kit that would mount on the garage and power the Urbee via the sun.

The Urbee is also being optimized for ethanol, a renewable fuel, although Kor says that it may initially have to run on gasoline because ethanol still isn't readily available to many drivers.

The Urbee is also making use of several innovative technologies in its creation, including a plastic body created via a 3D computer printer, and curved "hand-bent" glass that's blown into a metal jig.

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Last-gen Prius a safe bet

► Fuel economy is key with this Toyota

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONWS.CA

To date, Toyota has sold well over a million hybrid vehicles, with success led by their hybrid flagship, the Prius.

Now in its third generation on sale in Canada, the second-generation of Toyota's iconic ecological warrior has now transitioned fully into the used car marketplace.

The second-generation Prius was available from 2004 to 2009 solely as a five-door, front-drive hatchback. Of course, the main draws to a vehicle like this one are related to environmental responsibility and reduced fuel bills more than performance and styling. An

The 4-1-1

- **Model:** 2004 to 2009 Toyota Prius
- **Vehicle Type:** 5-door hybrid
- **Approximate used price range:** \$10,000 to \$20,000

active community of online owners backs this up.

The Prius was powered by a small gasoline engine and electric motor system that offered net output of 110 horsepower.

An on-board battery is recharged by a generator that's driven by the gas engine, so there's no need to plug the vehicle in.

In some situations, the Prius can even drive along solely on stored power using no fuel whatsoever.

Prius offers a unique driving experience to be sure — though compromises are minimal.

It's not an entirely differ-



► 2004 Toyota Prius.

ent machine to drive than any other small car, and it came with the same features and hardware you'd find in any other compact car — including premium audio, Bluetooth, power accessories and air condition-

ing.

What Owners Like

Most last-generation Prius owners rave about exceptional fuel economy, great manoeuvrability, a quiet and comfortable city ride and plenty of available

high-tech features. Relatively generous on-board storage capacity is also noted.

What Owners Hate:

Common complaints include rearward visibility, modest-at-best power output for passing and merg-

ing, and uncomfortable seats.

Be sure you're able to get comfortable in the driver's seat of the Prius you're considering.

Common Issues:

The low fuel usage and emissions of the Prius make it an attractive used car buy, though many shoppers aren't comfortable with the unproven reliability of hybrid cars in the long term.

Thankfully, the last-generation Prius looks fairly reliable.

Niggling electronic issues will likely prove more prevalent than major drivetrain-related problems.

For instance, the stereo system, digital instrument cluster and navigation systems may work sporadically or quit altogether.

Make sure all function as expected on a test-drive.

The Verdict:

If you've decided that a well-maintained Prius will be joining your family soon, you shouldn't expect any serious issues.

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Trucks dominate 2010 pop charts

2010 was a wacky year for Canadian car sales.

Some economic disaster, some recovery. Companies on life support, and then re-bounding nicely. The Toyota recall thing. Gas prices shooting up and staying there. Big buzz about small cars and electrics.

But all this did nothing

to shake up the top-10 sales list. The 2010 list looks just like last year, with full-size pickups dominating the proceedings.

Three of the top five sellers were full-size pickups — Ford F-150, the GM twins (Chevy Silverado and GMC Sierra), and Dodge Ram.

Why do Canadians buy so many full-size pickups?

Analysts point to recovery in the small business sector, which buys a lot of trucks, and incentives — they were going very cheap almost all year.

Small cars didn't take off, said the same analysts, because small-car buyers are the ones most affected when the economy goes sour.

And people seem to be ignoring gas prices anyway, and buying vehicles they want, and not necessarily the gas misers.

In terms of overall sales, we're almost back to pre-Lehman Brother standards. Over 1.5 million were sold in 2010, a six percent or so tick over last year.

● MICHAEL GOETZ

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Top Gear

PHOTOS BY WHEELBASE CANADA



1 Finding yourself hopelessly stuck in mud, sand or snow with no way out can be as frustrating as it is dangerous. Australia-based Maxtrax has developed a vehicle-recovery system that provides a serious measure of protection against such occurrences. The system's key component is a pair of engineering-grade reinforced nylon extraction ramps with lots of gripping teeth for the tires. Each set sells for about \$290 US. Get all the details at maxtrax.com.au.

2 Removing rust from corroded car parts usually involves soaking them in some highly toxic chemical stew, then scraping them with a wire brush to get them clean. Metal Rescue is a greener, water-based solution that the manufacturer states will start to work to mere minutes on even the most corroded part and will finish most jobs in a few hours. Prices begin at \$12 US for a 0.9-litre jug. metalrescue.com.

3 Just about everyone who has had a trailer hitch installed on their vehicle has likely screamed in agony on more than one occasion after accidentally striking their shin or kneecap on the ball/receiver. A simple remedy involves the installation of the Shin Shield. This protective device is made from a special polymer compound that the manufacturer claims will remain soft all the way down to -40°C. Order one for \$25 US from shin-shield.com.

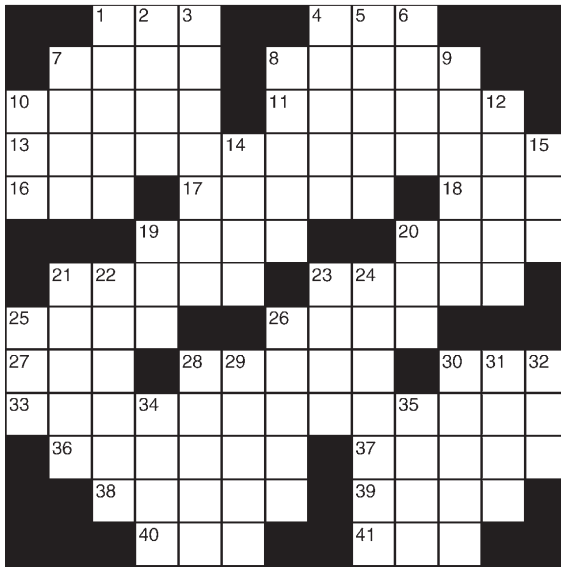
4 Getting light into tight spots in your car or under the hood used to be virtually impossible. But the folks at Striker appear to have solved that problem once and for all with their FLEXiT light system. The unit's flexible silicone pad contains 16 wide-angle light-emitting diode (LED) bulbs that can be set to low-, medium-, or high-output. The FLEXiT is priced at \$30 US from striker1.com.

WHEELBASE MEDIA

Crossword

Across

1 Cornfield cry
4 Exec's deg.
7 Sea eagle
8 First Lady before Michelle
10 Sports venue
11 Science of light
13 Body of water in Utah
16 Cleopatra's slayer
17 Detests
18 U.S. spy org.
19 — support
20 Filth
21 Sly smile
23 Halloween option
25 — and carrots
26 Subject, often
27 Early bird?
28 Shows signs of aging
30 Hot tub
33 Something insignificant
36 Middy rest
37 Quaff
38 Art support
39 On the rocks
40 Part of UCLA
41 Curvy character

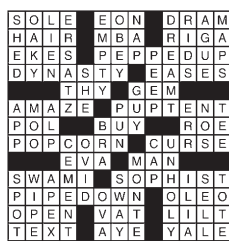


12 Blouse companion
14 Santa's load
15 Consume
19 "— the season ..."
20 Lair
21 Bell-shaped flowers
22 The youngest Simpson
23 14-Down's contents
24 "The Satanic Verses" author
25 Corral
26 Of birth
28 Painting surface
29 Hotel room post-ing
30 Heavens above
31 Be in abeyance
32 Request
34 Authentic
35 Curved paths

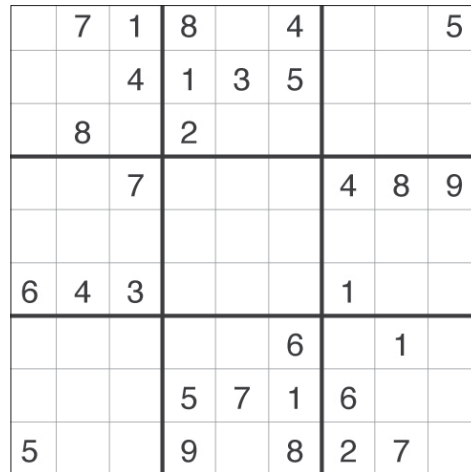
Down

1 Hardly Mr. Right
2 Faris or Paquin
3 Newscast portion
4 Syrup choice
5 Ashray fill
6 Seed cover
7 Makes a mistake
8 Averse
9 Gum arabic
10 Khan title

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer



A look at the weather

TODAY Min -28° Max -20°
THURSDAY Min -25° Max -20°
FRIDAY Min -22° Max -19°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 You're a rebel by nature, and with Mars linked to disruptive Uranus today, you will be inclined to rock the boat even more than usual. Don't rock it so hard though that you risk falling out yourself.

♉ Taurus April 21-May 21 A Mars-Uranus aspect will endow you with all the energy you need to get things done. Before the day is over you will have accomplished something remarkable.

♊ Gemini May 22-June 21 A deal you made a long time ago will pay off today and you will be mightily pleased that you had the foresight to invest in something that others said was a dud. Was it just luck?

♋ Cancer June 22-July 22 Even if you are the kind of Cancer who likes to keep a low profile, today you will leave someone in no doubt of what you think about what he or she is up to.

♌ Leo July 23-Aug. 23 One way or the other you will make your presence felt today, especially on the work front where those who cannot keep up with your relentless pace will soon be left far behind.

♍ Virgo Aug. 24-Sept. 22 Today's cosmic activity will give you the confidence to step into the spotlight and let employers and other important people know what you are capable of. Don't worry about being over-ambitious.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Today, act only if it is absolutely necessary. For best results you should let others make the first move. It will work in your favour.

♏ Scorpio Oct. 24-Nov. 22 You won't hesitate to call it as you see it today and, inevitably, some people will be shocked at how blunt you can be. But if that's what it takes to grab their attention, so be it.

♐ Sagittarius Nov. 23-Dec. 21 If someone suggests that the best way to show your love for him or her is to spend even more of your cash, it may be time to rethink your relationship. You may not care about money, but what about self-respect?

♑ Capricorn Dec. 22-Jan. 20 Mars in your sign links to Uranus, planet of changes, so you'll go out of your way to do something a little bit different. Others may be surprised that you are suddenly so daring, but they better get used to it.

♒ Aquarius Jan. 21-Feb. 18 Is someone lying to you? Your Aquarius warning system is certainly on the alert and you would be wise not to ignore it. It may be no big deal, but can you afford to take the chance?

♓ Pisces Feb. 19-March 20 Reach out to someone you have not been in touch with for a while. Pick up the phone and call him or her. Chances are he or she has been thinking of you. **SALLY BROMPTON**

Caption contest



WIN! You write it! Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in Tuesday's Metro.



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